

School Health Promotion Newsletter Articles

NOVEMBER: Take Five!



Very Short Text:

Challenge: Get your kids to eat five servings of fruits and vegetables every day. Sounds daunting? Remember, 5 servings equal about 2.5 cups of fruits or vegetables. Start by always having fruit with breakfast. Then increase the amount of fruits and vegetables used in your cooking – and involve the kids in the meal preparation. Pick a new fruit or vegetable each week to try. Slowly, your family will have a new fruit and vegetable habit! For more tips on eating healthy, check out www.choosemyplate.gov.

Short Text:

Challenge: Get your kids to eat five servings of fruits and vegetables every day. Sounds daunting? Tips for starting a fruit and vegetable habit:

- Have fruit with breakfast every day.
- Double the portion size of fruits and veggies: Eat a full cup instead of half a cup.
- Add peanut butter, cream cheese or yogurt to fruits and vegetables for some extra energy.
- Use fruit and vegetables as ingredients in your cooking - and involve the kids in the meal preparation.
- Try a new fruit or vegetable each week.

Serving hint: 5 servings equal about 2.5 cups of fruits or vegetables per day.

For more tips on eating healthy, check out www.choosemyplate.gov.

Long Text:

Challenge: Get your kids to eat five servings of fruits and vegetables every day. Sounds daunting? We'll give you some tips, but first here's why it's so important – for you and your children:

- Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.
- Fruits and vegetables also provide essential vitamins and minerals, fiber and other substances that are important for good health.
- Most fruits and vegetables are naturally low in fat and calories and are filling.



Now that we know why it is important, here are some tips for starting a fruit and vegetable habit:

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- Double the portion size of fruits and veggies: Eat a full cup instead of half a cup.
- Add peanut butter, cream cheese or yogurt to fruits and vegetables for some extra energy.
- Use fruit and vegetables as ingredients in your cooking - and involve the kids in the meal preparation.
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